

Chapter 7 Activity**Chapter 7****Body Systems**

Directions: Create a poster that represents the seven body systems studied in Chapter 7 and the jobs they perform. Use the chart below to organize the information you will need to make your poster informative.

Body System	Function
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Arrange the information so that a person looking at your poster would understand that each of these body systems contains organs and tissues, and that each system has a job to do in keeping a person healthy. Add illustrations to make your poster eye catching.

Now list the Body System and Function of the three additional system we are studying

8. _____

9. _____

10. _____

Concept Mapping Activity 7-1

Directions: Complete the concept map on body systems, using terms and phrases from your textbook.

The body systems	and	their major functions
skeletal and _____ systems	→	to _____ and to protect _____
_____ system	→	to bring food and _____ to cells; to take _____ away from cells
respiratory system	→	to carry oxygen to _____; to remove _____ from blood
nervous system	→	to send and receive _____; to see, _____; to _____ all body systems
_____ and excretory system	→	to break down _____ for energy; to get rid of _____
_____ system	→	to produce _____ that regulate _____

Reteaching Activity 7-1

From Cells to Systems

Imagine that you wrote a report for your health class titled, "From Cells to Systems," naming the parts of the human body that all work together and describing the job that each part does. You printed out your report, but on the way to school it fell in a puddle! When you arrived at school, several of the words on the page were blurry and impossible to read.

Directions: Fill in the missing words. Review pages 176–180 of your textbook for ideas.

Your body is made up of many different kinds of _____, which vary in size and _____ are the basic building blocks of life, and each has a specialized _____. Groups of similar cells that do the same kind of work are called _____. These _____ come together to form organs. Your stomach is an organ that _____ and _____ the food you eat. Groups of organs that perform a body function are called _____.

Your body systems are all interrelated, meaning they need each other to work properly. Your skeletal and muscular systems work together to _____ and _____ your body. They also form a protective _____ around the _____. The digestive and excretory systems also work as a _____. The digestive system breaks down _____ for energy. The excretory system gets rid of _____.

Enrichment Activity 7-1

What Am I?

Directions: Each of the statements below describes a part of the human body. On the lines provided, write the name of the part.

Lesson 1

1. I am the body system that makes sure your body gets rid of wastes.

2. I am one of the basic building blocks of life.

3. I am the system of the body that pairs up with the muscular system to support your body and help you move.

4. I am a type of cell that carries messages to and from your brain.

5. We come together to form organs.

6. We come together to form body systems.

7. I am the body system that breaks down food for energy.

8. I am the body system that forms a protective shell around organs.

9. I am the organ that allows you to think and feel.

10. I am the organ that stores and digests the food you eat.

11. When a person smokes, I am the organ that gets damaged the most.

12. I am the body system that is the body's command center.

Lesson Quiz 7-1

In the space, write the word(s) from the list that best completes each statement.

1. Groups of organs that perform a body function are _____.

2. The basic building blocks of life are called _____.

3. Nerve cells carry messages to and from your _____.

4. Groups of similar cells that do the same kind of work are _____.

5. Tissues come together to form _____.

brain
body systems
organs
cells
tissues

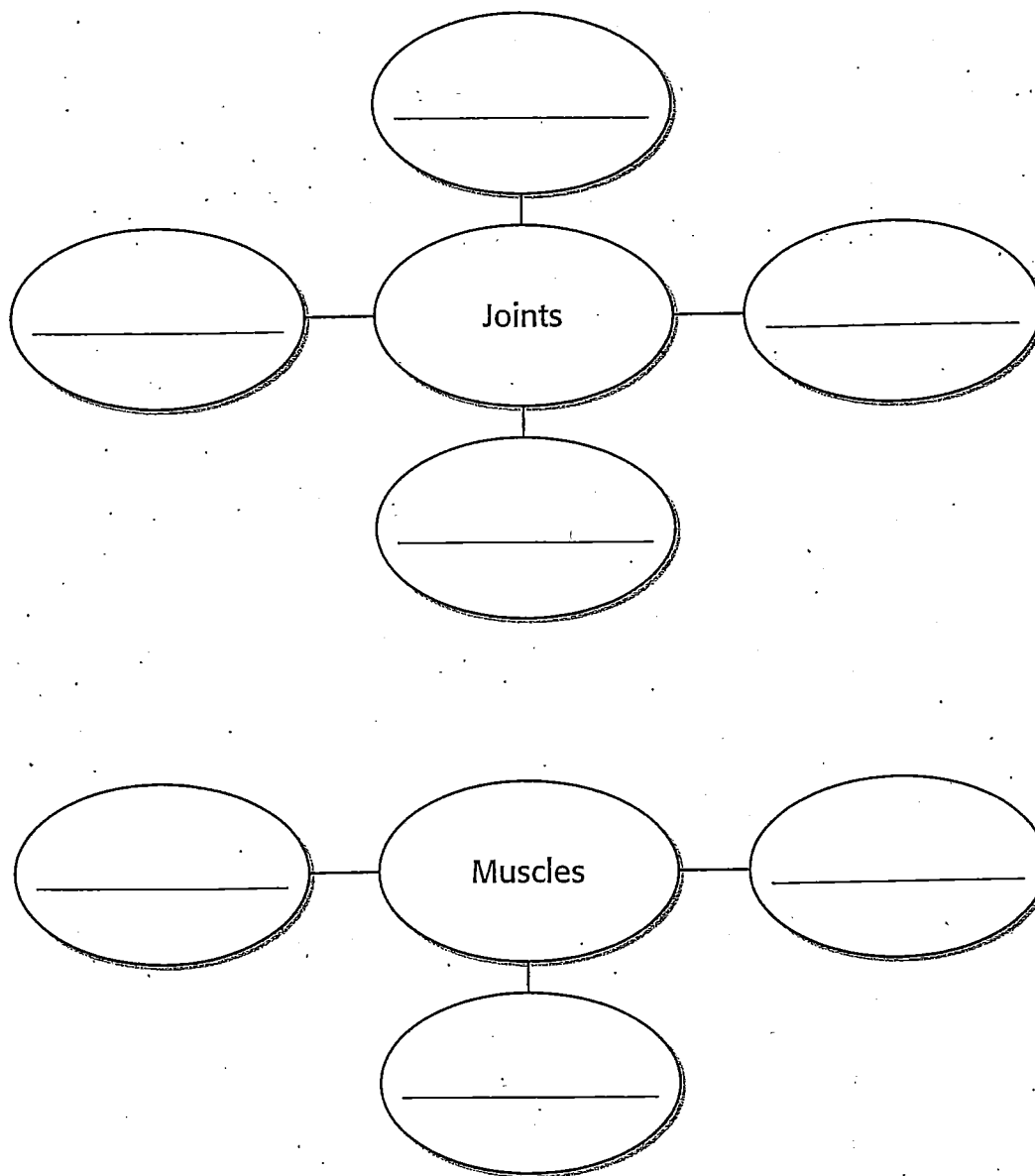
Read the following sentences about Michael. If the behavior *will help Michael care for his body systems*, place a (+) in the space provided. If the behavior *will not help him care for his body systems*, place a zero (0) in the space provided.

- _____ 6. Michael always begins his soccer practice by warming up on the sidelines.
- _____ 7. Michael doesn't see the need for drinking water while he's outside playing lacrosse if he isn't thirsty.
- _____ 8. Michael feels that one drink of alcohol once in a while is all right as long as it doesn't become a habit.
- _____ 9. Michael hates vegetables. He thinks he shouldn't be forced to eat something he doesn't care for, so he avoids them.
- _____ 10. Michael has gained 15 extra pounds over the winter. Now, he intends to lose the weight slowly by following a balanced eating plan.

Score (number correct \times 10 points):

Concept Mapping Activity 7-2

Directions: Complete the concept map on the joints that are part of your skeletal system, and the muscles that make up your muscular system, using terms and phrases from your textbook.



Cross-Curriculum Activity 7-2

Math Connection

Directions: Read each situation statement. Then answer the math questions in the space provided.

When a baby is born, there are 300 bones in his or her skeletal system. By the time the baby is an adult, there are 206 bones in the skeletal system because some of them have fused together.

1. What's the difference between the number of bones at birth and the number of bones an adult has? _____

2. There are 27 bones in each human hand. How many hand bones does one person have? _____

3. There are 14 bones in your face. How many fewer bones are in your face than in your left hand? _____

4. How many total bones would 15 adults have? _____

5. If a music room had 7 pianos, and each piano had one person playing a song with both hands, what is the possible number of hand bones moving? _____

6. How many bones does one person have in their face and both hands? _____

Reteaching Activity 7-2

The Skeletal and Muscular Systems

Your skeletal and muscular systems have important jobs to do. Without them, you wouldn't be able to do many of the things you do each day.

Directions: Answer the following questions. Review pages 181–184 in your textbook for ideas.

1. Write down the three main jobs of your muscular system.

a. _____
b. _____
c. _____

2. Explain the difference between a voluntary and involuntary muscle.

3. Give an example of a voluntary muscle.

4. Give an example of an involuntary muscle.

5. List the four types of joints found in your body.

a. _____
b. _____
c. _____
d. _____

Enrichment Activity 7-2

Bones and Muscles Puzzle

Directions: Fill in the blanks with the answers to the clues. Use the words in the boxes to spell out the secret word.

Clues

1. Your bones are made up of living _____ and cells.
2. _____ strengthens your bones.
3. Bones are hard on the outside and _____ in the middle.
4. The places where one bone meets another are _____.
5. _____ muscles are located only in the heart.
6. You are able to control _____ muscles.
7. _____ joints are found in your wrists and ankles.

1. _____
2. _____
3. _____
4. _____
5. _____ _____
6. _____ _____
7. _____

Secret Word: _____

Lesson Quiz 7-2

Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 1. The *skeletal system* consists of bones and the tissues connecting them.
- _____ 2. Your *knee* is an example of a ball-and-socket joint.
- _____ 3. Some joints, like your *neck*, pivot.
- _____ 4. Skeletal muscles connect to and move your *bones*.
- _____ 5. Cardiac muscles are located only in your *intestines*.
- _____ 6. *Smooth* muscles are found in your internal organs.

Match each definition in the left column with the correct term in the right column. Write the letter of the terms in the space provided.

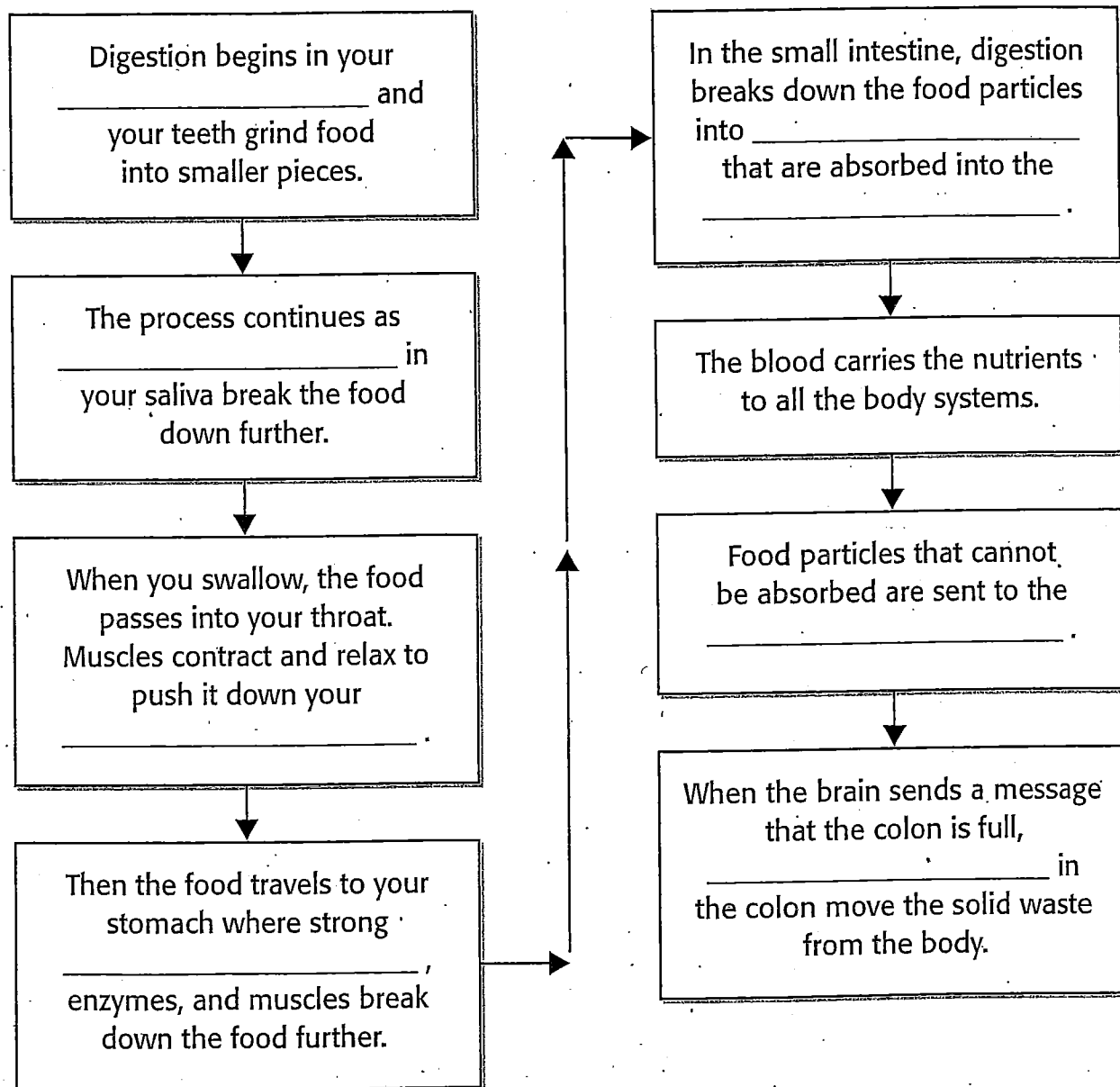
- _____ 7. muscles that contract and relax on their own
- _____ 8. a type of joint
- _____ 9. strengthens your bones
- _____ 10. muscles you are able to control

- a. hinge
 - b. voluntary
 - c. calcium
 - d. involuntary

Score (number correct \times 10 points):

Concept Mapping Activity 7-3

Directions: Complete the concept map on the digestive and excretory systems, using terms and phrases from your textbook.



Reteaching Activity 7-3

The Digestive and Excretory Systems

Directions: Read each statement below. If the sentence is describing the digestive system, write *D* on the line. If it is describing the excretory system, write *E* on the line. For help, review pages 185–187 of your textbook.

- _____ 1. The colon is part of this body system
- _____ 2. This body system begins its work when food enters your mouth.
- _____ 3. The esophagus is part of this body system.
- _____ 4. This system gets rid of some of the wastes your body produces.
- _____ 5. Your respiratory system and skin are parts of this body system.
- _____ 6. This system maintains fluid balance.
- _____ 7. The bladder is a part of this body system.
- _____ 8. The stomach and small intestines are parts of this body system.
- _____ 9. The kidneys are part of this body system.
- _____ 10. This body system allows nutrients to be absorbed into the blood.

Enrichment Activity 7-3

Name That Body Part!

Directions: Each part of the digestive and excretory systems has a specific job in the digestion of your food or the removal of waste from your body. Read the descriptions below and fill in the name of the correct body part in the blank spaces. The number of letters for each has been provided.

1. You have two of these. They filter the blood, remove water and waste, and maintain the body's fluid balance.

2. This is a muscular tube that connects the mouth to the stomach.

3. It is inside this organ that food particles are absorbed into the blood.

4. Urine is stored in this organ.

5. Food particles are broken down further here, with the help of strong acid, enzymes, and churning muscles.

6. The brain sends a signal to tell the muscles of this organ to contract so that waste can be removed from the body.

7. These grind your food and begin the digestive process.

8. This carries nutrients to your cells.

9. This releases liquid waste from your body in the form of sweat.

Guided Reading and Writing Activity 7-3

The Digestive and Excretory Systems

Guided Reading

Directions: Please refer to pages 185–187 in the text and answer the following questions.

1. What is the first step in the digestion process?

2. Explain two ways that wastes are removed from your body.

3. Name the three major organs of the excretory system.

Writing

Directions: Choose one of the following selections and write a paragraph on a separate sheet of paper.

Accessing Information: Write a paragraph comparing and contrasting the digestive system and the excretory system.

Communication Skills: Write a pamphlet for early elementary school students that explains in easy-to-understand terms how the digestive process works. Remember to use words and phrases that a young child would understand.

Lesson Quiz 7-3

In the space, write the word(s) from the list that best completes each statement.

1. In the _____ system, food is broken down into nutrients which are sent to cells.
2. After food is broken down in the stomach, it goes to the _____.
3. The job of the _____ is the removal of wastes from the body.
4. Urine is stored in the _____.

excretory system
small intestines
bladder
digestive

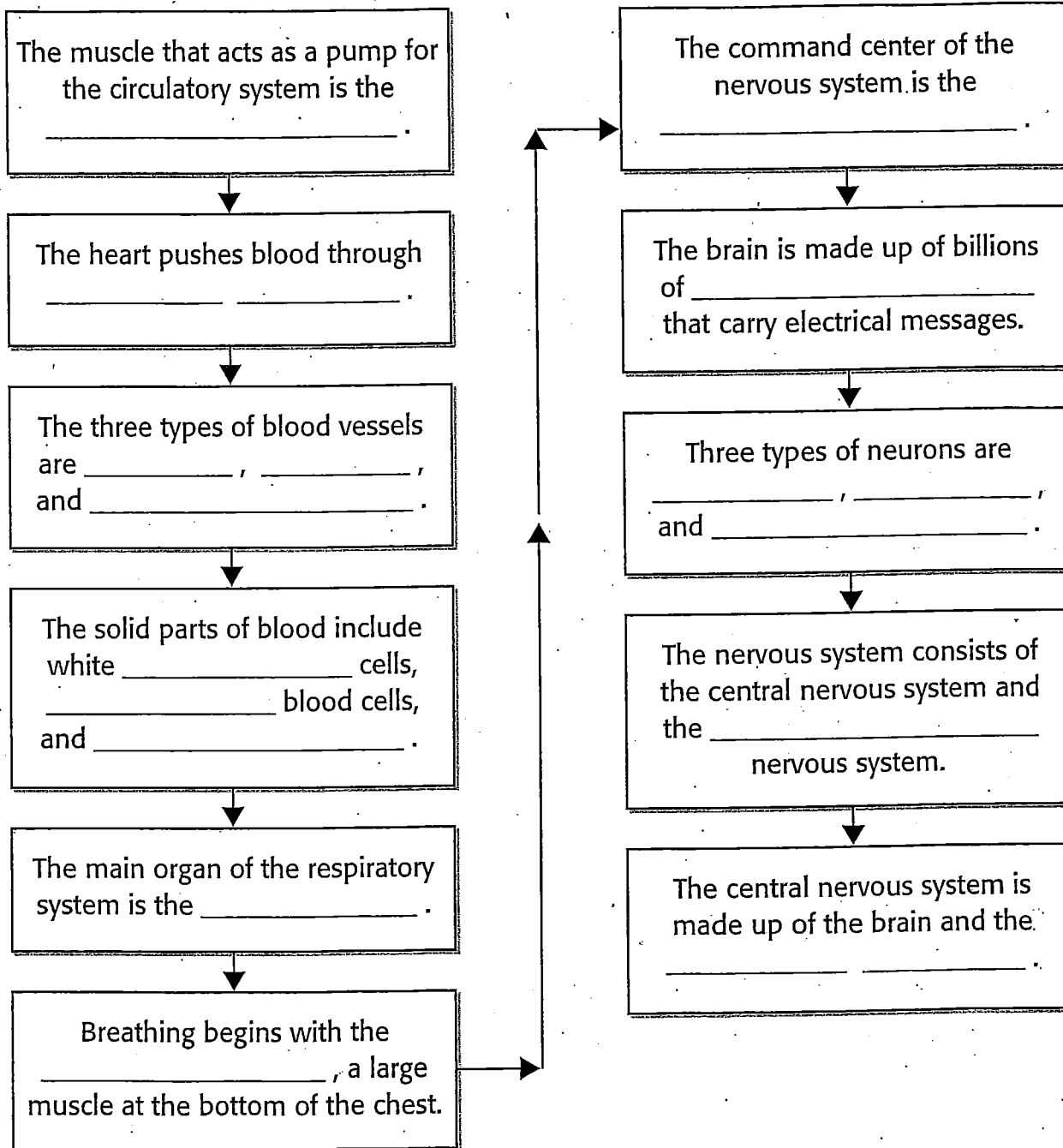
Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 5. The esophagus is a muscular tube that is part of the *excretory system*.
- _____ 6. The *colon* is part of the excretory system.
- _____ 7. When the colon fills up, a nerve signals the *brain*.
- _____ 8. *Saliva* contains enzymes that break down food.
- _____ 9. Your *stomach acid* carries food nutrients to your blood.
- _____ 10. Your *small intestine* removes excess water as liquid waste.

Score (number correct \times 10 points):

Concept Mapping Activity 7-4

Directions: Complete the concept map on the circulatory, respiratory, and nervous systems, using terms and phrases from your textbook.



Reteaching Activity 7-4

Body System Game

You have created a quiz game about the circulatory, respiratory, and nervous systems. Before you host the game and let your classmates play, you need to complete the statements yourself. Write the word or words that best complete each statement. Review pages 188–193 of your textbook if you need help.

1. The brain is the _____ of the nervous system.
2. The circulatory system consists of the _____, the muscle that pumps blood, the _____, the tubes that carry blood, and the _____, which delivers oxygen, food, and other materials to the cells.
3. Your brain also processes your _____ and feelings.
4. The liquid part of blood is _____.
5. Electrical messages are the _____ of the nervous system.
6. Breathing in brings _____ into your lungs. Breathing out allows the lungs to get rid of _____.
7. The brain is made up of billions of _____.
8. Breathing begins with a large muscle at the bottom of the chest called the _____.
9. _____ help destroy disease-causing germs that enter the body.
10. _____ are small, disk-shaped structures that help your blood clot.

Enrichment Activity 7-4

Which System Is at Work?

Directions: Read each of the statements below. If the statement describes a function of the circulatory system, write C. If it describes the work of the respiratory system, write R. If the statement describes a function of the nervous system, write N.

- _____ 1. Will smells cookies baking in his kitchen and his mouth begins to water.
- _____ 2. Haley inhales and oxygen is carried into her lungs.
- _____ 3. David received a blood transfusion during an operation.
- _____ 4. Jonah gets a cut on his hand and the blood clots before too much is lost.
- _____ 5. Riley watches the player at bat hit the ball and she runs to catch it.
- _____ 6. Nicholas exhales and carbon dioxide leaves his lungs.
- _____ 7. Xavier listens to his teacher and thinks about the directions she has given.
- _____ 8. Adam's father found out he has excellent blood pressure.
- _____ 9. When Kayla inhales deeply, her diaphragm contracts, allowing her lungs to fill with air.
- _____ 10. Terrance just found out that his blood type is Rh-negative.

Guided Reading and Writing Activity 7-4

Your Heart, Blood, Lungs, and Nerves

Guided Reading

Directions: Please refer to pages 188–193 in the text and answer the following questions.

1. What is the function of the circulatory system?

2. What does breathing enable your body to do?

3. Name the two important jobs of your brain.

Writing

Directions: Choose one of the following selections and write a paragraph on a separate sheet of paper.

Lesson 4

Communication Skills: Imagine a close friend has recently been diagnosed with asthma. You don't really know how asthma affects a person's breathing so you look up how the respiratory system works. Write a paragraph or two explaining the parts of the respiratory system and how breathing works.

Advocacy: Write a short letter to a friend or family member encouraging him or her to donate blood, if possible. Include the reasons that you think keeping blood banks supplied with blood of all blood types is important.

Lesson Quiz 7-4

In the space, write the word(s) from the list that best completes each statement.

1. The _____ system is the control and communication system of the body.
2. The _____ is(are) the main part of the respiratory system
3. The _____ system enables you to breathe.
4. The _____ and the spinal cord are the main parts of the central nervous system.
5. Breathing begins with the _____.
6. The _____ system allows the body to move blood to and from tissues.

respiratory
lungs
nervous
diaphragm
circulatory
brain

Read each statement carefully. If the statement is true, place a plus (+) in the space provided. If the statement is false, cross out the italicized word(s) and write the correct word(s) in the space provided.

- _____ 7. The *peripheral* nervous system handles both voluntary and involuntary movements.
- _____ 8. *Neurons* carry electrical messages.
- _____ 9. When you breathe out, you get rid of *oxygen*.
- _____ 10. Before blood can be transfused, *blood types* must be matched.

Score (number correct \times 10 points):